

Axe Valley Runners and Axmouth Village Hall Management Committee bring you the

AXMOUTH CHALLENGE AND JUNIOR RUN

SUNDAY 10th JANUARY 2010 AT 11am

Held under the Association of Running Clubs (ARC) rules. Permit applied for.

The **Challenge** is about **9½ miles** long, hilly and largely on road with some tracks ... but no beach.

Also a **5½ mile** run for 16 yrs and over.

Starting and finishing at Axmouth Village Hall - Proceeds in aid of hall funds.

Car parking in the village - Toilets at start/finish - First aid by St John Ambulance.

Medals for first three men and ladies - **Minimum age 17.**

2 junior runs **1.6 miles** for 8 to 12 yr olds and **2.8 miles** 13 to 16 yr olds at 11.10 am.

Prizes for first boy and girl in 8-12 and 13-16 ages.

Affiliated to ARC or UKA - **£7.00** / Unaff - **£9.00** / Junior run – **Free**. Same prices on the day.

Entry fee includes hot drink and snack (e.g. tea/coffee & cake; soup & roll).

Additional food will also be available.

Send entries with a large SAE and cheque payable to Axmouth Village Hall to:

Danny Gates, Axmouth Challenge, 2 Coombe Terrace, Axmouth, EX12 4AX.

Results after the race at www.AxeValleyRunners.org.uk. First race in the East Devon Community Race Series – details on AVR website or from Garry Perratt (01297 34604).

AXMOUTH CHALLENGE AND FUN RUN

Surname: _____ First Name: _____

Date of birth: _____ Age on race day: _____ Sex: M ___ F ___

Club (if any): _____

Address: _____

_____ Post code: _____

Phone: _____ Email: _____

Race entered: Challenge: ___ 5 mile ___ Junior run: ___ Certificate wanted? Yes ___ No ___

I declare that:

- a) I will take part in this run at my own risk and I understand that neither the organiser nor any person or body involved in the organisation of the event will be held liable for any injury, loss or illness however occasioned, resulting from participation.
- b) I will not participate on the day unless I am fit to run in the event and that, in the case of the Challenge Run, I will be 17 years or older on the 10th January 2010.
- c) I will abide by the rules laid down by the organisers.

Signed: _____ Date: _____